



**NEW**

# **GENERATION**

**MAYNARD COUNCIL ON AGING  
& SENIOR CENTER**

50 BROWN ST., MAYNARD, MA 01754  
978-897-1009

**JULY 2021**





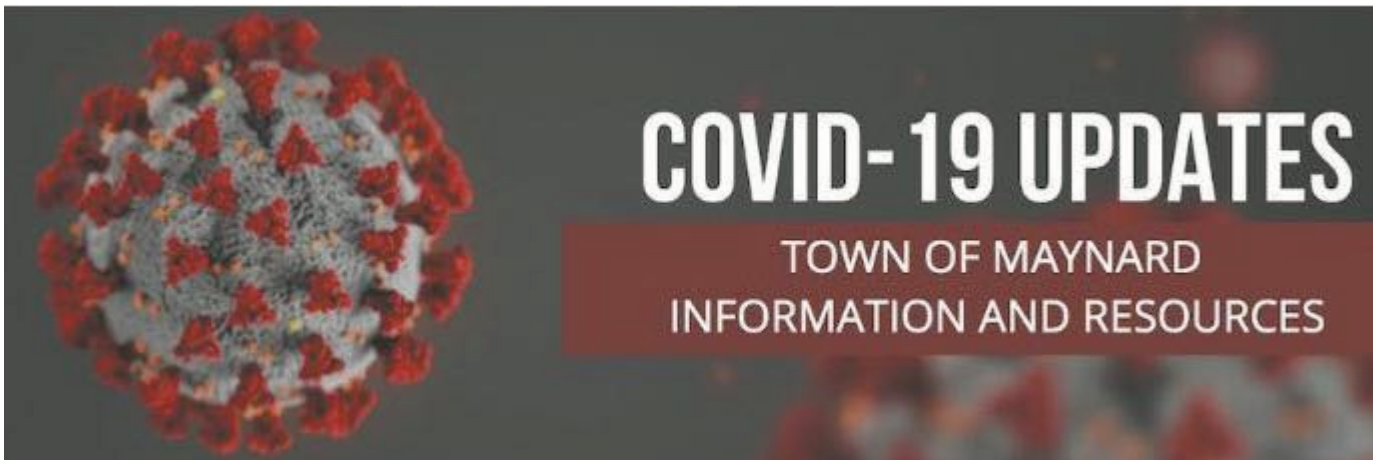
# Embracing A New “Normal”

With the end of the State of Emergency for both the Commonwealth and the town, Maynard is transitioning to a new “normal” at home, in business and with local government. We may keep certain aspects of our COVID-19 lives, like remote-work from home, online meetings and frequent video chats with loved-ones, hand-sanitizer bottles in constant reach, online billing, and preference for outdoor dining. A new law allows for certain aspects of the State of Emergency to continue for some time, including the option for public bodies to meet remotely or in a hybrid-setting, allowing for both in-person and remote participation for its members. Committees will independently determine how they wish to meet, and how the public can attend or participate. Many public bodies, like the Select Board, experienced a substantial increase in attendance through online meetings.

As part of the new normal, perhaps you can continue a hobby that you started in the last year. I got into sourdough bread-baking and hiking conservation trails, both of which started as a way to entertain my children while school was closed but are now beloved shared-activities for my family.

We'll need a long-time to properly adjust to a new normal. We'll stumble along the way and return to some bad habits. However, just as our collective efforts allowed us to fair the pandemic better than many other communities, I'm excited to work in partnership with residents and businesses, town staff and committees for the continued prosperity of the town.

For more information on the town's re-opening post-COVID-19, please visit the town website [www.townofmaynard-ma.gov](http://www.townofmaynard-ma.gov) and click the below image. This page highlights Town Hall updates, daily updates of positive COVID-10 cases in Maynard, Massachusetts response, resources for businesses, and health and safety practices. You can also find a link to subscribe to the Town's newsletter.



Remember that I would include pictures of unique aspects of Maynard from time to time? Do you know where to find this month's?

**Sincerely,  
Greg Johnson**

Town Administrator  
[gjohnson@townofmaynard.net](mailto:gjohnson@townofmaynard.net)





# Soon To Be Together

As for many, or should I say most, the lifting of the mask mandate has lifted our spirits in ways unimaginable. I remember debating with Pat whether the COA should serve food at our Friday documentary series program on March 13, 2020, only to have the Town Hall closure make the decision for us within hours. Up to that point in time it wasn't clear, yet, of what COVID-19 would become. Hand washing and sanitizer were being stressed, with Pat and I punctually cleaning tables and chairs after classes. Anyone not feeling well was encouraged to stay home or not ride on the van. A month after we closed, I received an email from a senior who had felt cancelling classes and closing the COA unwarranted. She apologized and thanked us/the Town for the hard decisions that had to be made.

To speak about "reopening" implies that the COA was closed, but in reality, Pat and I continued to work, as hard as ever, providing services and programs remotely. COA's voicemail messages were answered promptly, and so many were grateful for our quick calls back! We delved into new forms of outreach, such as using the Town's census to make connections with seniors who had not yet utilized the COA's services, worked extensively with the Maynard Police and Fire Departments as well as Minuteman Senior Services, created new transportation options such as the GO MAYNARD! Taxicab Program just to name a few important areas of responsibility.

This past year I had the opportunity to spend time exploring options for a space for the COA which appropriately meets our current and short-term needs. (Our long-er term goal is, of course, an established facility for Maynard's seniors to call their own.) Since the COA relocated to the golf course in 2015, I have met with local organizations to discuss sharing space, considered properties for sale, those in need of renovation or those with the ability to become a multi-use facility. Some opportunities were more positive or feasible than others, but to date none of these met the COA Board's priorities of ease of access, sufficient parking, room to expand programs and attendance as well as being close to downtown Maynard. I am very pleased, as is the COA Board, to now be able to recommend a potential match to these priorities. More to follow.

Plans to re-engage with others at the COA are being formed. We are anticipating opening the doors mid-August by creating more physical space to gather, having smaller groups, requiring registrations for classes and activities, and of course, those who are not vaccinated will need to wear a mask. It's important to remember that even those who have been vaccinated may prefer to wear a mask as well. Our fitness and art classes which are available on Zoom, will continue on Zoom as we phase programs in. From weekly meetings with my fellow COA directors, feedback to reopening has included considering seniors' comfort levels with in-person activities. I will have clearer guidelines before we all get together again.

Pat and I cannot wait to take down the St. Patrick's decorations, tidy up the COA and welcome you all back!

~ **Amy Loveless**

Director

Maynard Council on Aging & Senior Center



**The Council on  
Aging Board  
does not meet  
in July and August.**



Visit us at  
77 Main Street!  
Wed. – Sat., 12–5 pm



## 6 Bridges Gallery

FINE ART AND CRAFT

### It's Summer!

Our brightly renovated gallery is filled with new items to welcome summer. We have something for everyone:

- ☐ Weddings
- ☐ Birthdays
- ☐ Anniversaries
- ☐ Home Office & Beach House Decor

### Shop In-Person & Online

- ✓ 77 Main St., Maynard  
Wed.–Sat., 12–5 pm  
Masks required. Hand sanitizer available at the door. Social distancing guidelines apply.
- ✓ Personal Shopping (Tuesdays)  
Via FaceTime, Zoom or in-person.  
For an appointment, email [6bridgesgallery@gmail.com](mailto:6bridgesgallery@gmail.com).
- ✓ Gift Certificates  
Give the joy of art and fine craft.
- ✓ [6bridges.gallery/shop/](https://6bridges.gallery/shop/)
- ✓ Facebook
- ✓ Instagram

*All purchases support local artists and your local economy.*



**6 Bridges Gallery**  
FINE ART AND CRAFT

77 Main Street, Maynard, MA  
978-897-3825  
[6bridgesgallery@gmail.com](mailto:6bridgesgallery@gmail.com)  
[6bridges.gallery](https://6bridges.gallery)



### New Exhibit

July 7 – August 14, 2021 • Reception: July 10, 7:00 pm



### Letters from the Birds

*Mixed Media Paintings Processing the Pandemic*  
by Véronique Latimer

[6bridges.gallery/letters-from-the-birds/](https://6bridges.gallery/letters-from-the-birds/)

### Coming in August...



### Lines of Thought

*Photography and Poetry by Linda DeStefano Brown*

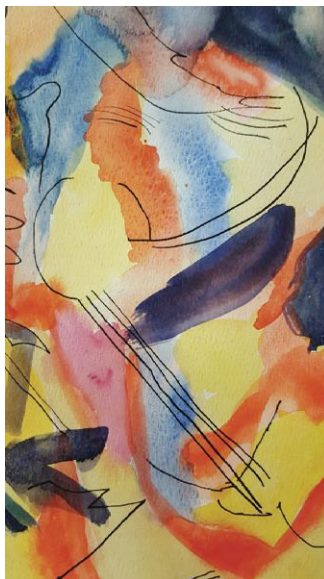
On view: August 18–October 2, 2021



### Senior Watercolor Class Fridays, 9:00 a.m. to 11:00 a.m.

Join Sandy Wilensky to learn watercolor painting skills (or brush up on the skills you've developed) to express the artist within all of us. All levels of experience are welcome, especially those who've never held a brush! This is a wonderful opportunity to participate in an activity from home which is certain to bring feelings of excitement and accomplishment. In addition, you'll be spending time with others who will be enjoying the creative experience with you. Fee to be determined. Materials provided. This class has been occurring via Zoom and has been very successful.

Please contact the Council on Aging for more information & to sign up.



### Drawing for All Thursdays, 9:00 a.m. to 11:00 a.m.

All levels of experience are welcome to this drawing class. Participants build skill upon skill while experimenting with various drawing techniques and materials. Classes will begin with a warm-up followed by a skill/technique lesson that will then be incorporated into a finished drawing. Learn about the line, shape, value, texture, and perspective of drawing. Drawing subjects will include still life, landscape, and the natural world. The initial approach to subjects will be realistic with a focus on personal expression and developing a style of one's own. Drawings will be shared with the group with a goal of positive affirmation of learning. Fee to be determined. Materials provided. This class is taught via Zoom and has been very successful.

Please contact the Council on Aging for more information & to sign up.

**Sandy Wilensky** has had a career in education teaching people from 3-93. As a certified art instructor with strong beliefs in the ability of all people to learn in a supportive setting, Sandy's classes respond to the needs of the group as well as the needs and interests of individuals within the group. The Maynard Senior Watercolor class has had exhibitions at the Maynard Library, ArtSpace Gallery and participated in the Massachusetts's Secretary of State's Annual Senior Art Show where several Maynard seniors received awards. Sandy has been leading classes in drawing and watercolor at senior centers and adult education programs in several area communities, including Danforth Museum School and in her studio at ArtSpace in Maynard where she holds private and group classes. Sandy's paintings can be seen at her studio at ArtSpace in Maynard and at Puffins Gallery in Mystic, Connecticut.



2021 Season (our 26 year!):  
**June 26 – Sept 25**

Saturdays 9am – 1pm  
Rain or Shine  
Mill Pond parking lot, Main St

### 2021 Vendors

**Weekly:** Applefield Farm, Balance Rock Farm, Brigham Farms, Cait's Canine Cookies (new!), Cookie Lady Treats, Forestopia (new!), Hudson Hives, Muddy Water Coffee Roasters, Svenfish (new!)

**Periodic:** Bali Marle (new!), Great with Milk (new!), Zen Bear Foods (new!)

Visit [MaynardFarmersMarket.com](http://MaynardFarmersMarket.com) for vendor descriptions and the complete artisan schedule.

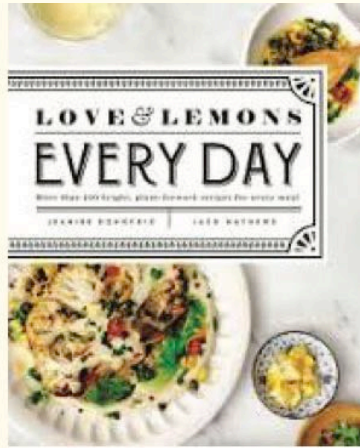
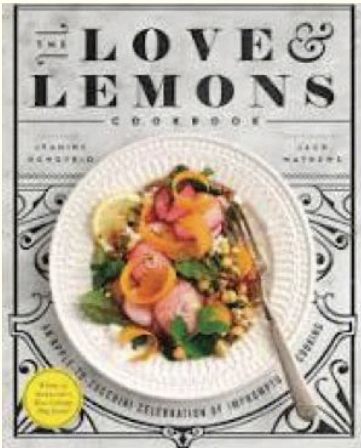
Farmers' Market senior & WIC coupons accepted

Follow us on Facebook for the latest updates: [Facebook.com/MaynardFarmersMarket](https://www.facebook.com/MaynardFarmersMarket)



## July Cookbook Club

**Monday, July 19 - 12:00 noon**



Blogger Jeanine Donofrio has written two cookbooks that will help you turn your Farmers' Market finds into delicious meals—Love & Lemons and Love & Lemons Every Day.

Borrow a cookbook at the Circulation Desk, select a recipe, shop at Farmers' Market and prepare your dish for the outdoor potluck lunch on the 19th. Drinks and place settings provided.

If the weather doesn't permit an outdoor meeting, we'll switch to Zoom.

*Sponsored by the Friends of the Maynard Library.*

*The Maynard Public Library presents:*

## GENERATIONS OF FUN!

Songs & Stories for All Ages

Wednesday, August 11

10:30 am

In Memorial Park

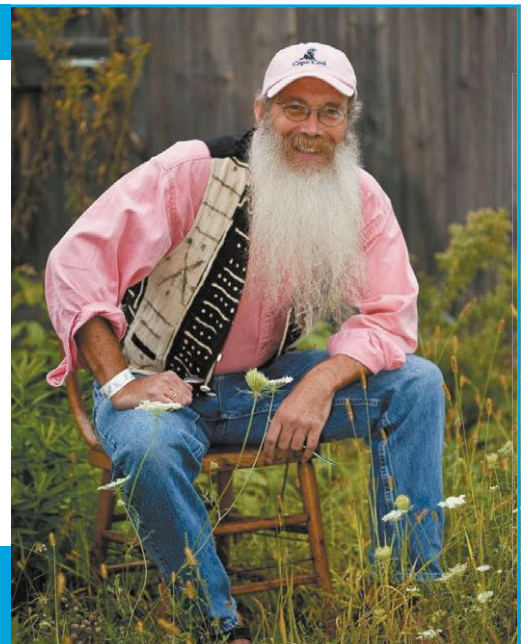
Maynard Public Library  
77 Nason St., Maynard, MA



a lively inter-generational program for families & seniors presented by

**DAVIS BATES**

Parents' Choice Award-winning singer & story teller



Celebrate the Season and Community. For more information call (978) 897-1010.

Funded in part, by grant from the Maynard Cultural Council, a local agency supported by the Massachusetts Cultural Council.



**You can now view Maynard High School yearbooks in their entirety online!**

Visit [www.maynardpubliclibrary.org/yearbooks](http://www.maynardpubliclibrary.org/yearbooks) to get started!

Yearbooks are listed in reverse chronological order and we do unfortunately have some missing years. Please contact Jeremy Robichaud at [jrobichaud@minlib.net](mailto:jrobichaud@minlib.net) if you have a yearbook you would like to donate to the library!

For this project, Digital Commonwealth provided digitization services and scanned these volumes at their Scanning Lab located at Boston Public Library. Digital Commonwealth is a non-profit collaborative organization that provides resources and services to support the creation, management, and dissemination of cultural heritage materials held by Massachusetts libraries, museums, historical societies, and archives.



## Dear members of the Maynard community,

The past five months since I joined the Maynard Public Library as its Director have been a rewarding journey of getting to know the staff and patrons, learning about the library and town (and what makes them so special), setting up new technology and workflows, attending meetings of our fantastic Friends of the Maynard Library organization and library discussion groups, addressing the ever-changing pandemic situation, wrapping up the current fiscal year's finances, and planning for our building reopening and beyond. I hope that many of you were able to take advantage of our online collections and programs, as well as our curbside services, during the past year, and that you have had a chance to visit the library building since its reopening on June 1.

We will be expanding our hours in July and August--adding Mondays and Wednesdays, as well as increased evening hours. The new schedule (which you can also find elsewhere in this newsletter) will be Monday/Wednesday/Friday 10:00-4:00 and Tuesday/Thursday 1:00-8:00. Of course, our online collections are open round the clock through our website, where you will find eBooks and audiobooks on OverDrive, streaming films on Kanopy, music on Freegal, and much more.

To make the expanded schedule possible, we are discontinuing our designated curbside-pickup appointment days. However, if you are not ready or able to come inside the library building, you can still place a hold on an item through the online catalog and then call us (978-897-1010 x100) when you come to the library during our open hours, and we will be happy to bring the item outside to you. In addition, we continue to offer our Homebound Delivery Service for residents who are unable to leave their home due to temporary or permanent limitations. Simply complete the form on our website--[maynardpubliclibrary.org/homebound](http://maynardpubliclibrary.org/homebound)--or call 978-897-1010 x103, and we will gather your selections and deliver them to your home.

We are very grateful to Council on Aging & Senior Center Director Amy Loveless for generously providing a platform in New Generation from which the library can communicate to so many of the town's residents. The staff and I will continue to do our best to ensure that the community has the library it deserves. I feel very lucky to be working in Maynard and I thank you for the warm welcome. Please stop by and say hello!

Sincerely,  
Jean

Jean Maguire, Library Director



# Welcome Back to the Maynard Public Library

## Additional Hours Starting Thursday, July 1!

### Building Hours

Monday	10-4
Tuesday	1-8
Wednesday	10-4
Thursday	1-8
Friday	10-4

Curbside Pick-up (books and printing)  
and Homebound Delivery available by  
request during any open hours.



[www.maynardpubliclibrary.org](http://www.maynardpubliclibrary.org) 978-897-1010



## SPECIAL COA EVENTS IN JULY



### July Grab-n-Go's

**July 14**

Hot dogs, baked beans, coleslaw, chips and dessert

**July 28**

Meatloaf, mashed potatoes, vegetable, rolls and dessert

\$5.00 - pay when you pick up

**Save the Date for Upcoming Grab-n-Go's:**  
August 11 & August 25

### MAYNARD COUNCIL ON AGING ICE CREAM TRUCK

What better way to use our COA van than to give out frozen treats to our fabulous seniors?! On various Wednesdays throughout the summer, the COA van will be cruising about town delivering ice cream and smiles to Maynard's seniors. We miss you! Please sign up so we can stop by, say "Hi" and give you a treat! Call the Council on Aging at 978-897-1009 if you are interested and you will be notified when we are in your area.



## Something For Everyone

### COA Zoom Fitness Classes

#### Yoga & Stretch with Rebecca • Tuesdays at 9:30am

Maynard COA instructor Rebecca Reber will lead you through a series of yoga poses and stretches while you are seated on a chair. Safely build strength and stability and enjoy guided meditation to reduce stress and anxiety. This is Zoom class which allows you to see and interact with other Maynard seniors. Please call the COA at (978) 897-1009 or email Amy Loveless directly at [aloveless@townofmaynard.net](mailto:aloveless@townofmaynard.net) to sign up.

#### Zumba Gold • Wednesdays at 9:30am

Zumba Gold is a low impact, fun dance-fitness with international music including oldies you like. This class will be taught by Yachun who is an AFAA certified group fitness instructor. We focus on building strength, cardiovascular health, balance, coordination, and flexibility. Please call the COA at (978) 897-1009 or email Amy Loveless directly at [aloveless@townofmaynard.net](mailto:aloveless@townofmaynard.net) to sign up.

#### Zumba Toning Mondays at 9:00am

This seated Zumba Gold Toning class taught by Yc is for everyone who wants to improve their endurance, strength and joint mobility by using a pair of light weights while sitting on a chair.

Weights. Please prepare two 1 lb. dumbbells or two 16.9oz bottled water. (It's okay if you don't want to use weights though).

This is a 45-minute class. Please contact the COA if you have any questions or would like to sign up.

### Great Zoom YouTube Tutorial!

Marcia Chadly guides you through the how-to of responding to a Zoom invitation for a fitness class or an educational program. There's nothing like being able to "see" the steps to take. Once you've watched her presentation, or maybe reviewed a second time, you'll feel ready to join Zoom!

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

### How To Use Zoom With Your Phone

<https://www.youtube.com/watch?v=d6QjODgTuQE>

Marcia Chadly

### Internet Service Offers

#### Free or Lower Cost Options

(eligibility varies based on income)

**Comcast Essentials • (855) 846-8376**

**Verizon** (for participants in the Lifeline program or FIOS at a lower rates) (800) 837-4966

**AT&T • (855) 220-5211**

**Contact the Council on Aging for information  
about our tablet loan program.**





# ***GO Maynard! Taxi Rides Program***

We welcome your interest in the GO Maynard! Taxi Rides Pilot Program. Maynard (with Sudbury as the lead applicant) was awarded a grant through the Urgent Taxi, Livery, and Hackney Transportation Partnership Grant Program, a state initiative. We expect this program to last through 2021. There is no fee to participate. These special time-limited, grant-funded transportation services via taxi, will be provided on a first come, first serve to **(1) to medical appointments for older residents, veterans, persons with disabilities; (2) social service appointments (3) to work and medical care for financially vulnerable residents and (4) and other essential services/needs.** The town will engage two taxi businesses: Tommy's Taxi in Framingham for sedan transportation, and JFK Taxi in Natick, for wheelchair accessible van service only. **All rides must begin or end in Maynard. (The program is not a replacement for destinations the Maynard Council on Aging can accommodate).**

## **Who is eligible to participate? Maynard residents:**

- Adults aged 50 and over
- Individuals with a disability that limits their driving
- Individuals who have a financial need
- Active-duty military members or veterans

\*\*\*Children under age 12 must be accompanied by an adult.

**If eligible, you may need to provide documentation as evidence of above.**

## **How does this work?**

Contact the Maynard Council on Aging at (978) 897-1009 between the hours of 9:00 a.m. and 3:00 p.m. When your application is approved you will be notified when rides can commence.

Hours of service for rides are as follows: JFK is available seven days a week from 7:00 a.m. to 7:00 p.m. Tommy's Taxi daily hours of operation are 5:00 a.m. to 11:00 p.m. seven days a week.



## Maynard Council on Aging Services

The Maynard Council on Aging is continuing to provide services even though it is closed to the public. Please contact the COA for information and referral for supportive services including homecare, health insurance counseling (SHINE), fuel assistance, food resources, housing, legal issues, public assistance programs and transportation.

The Council on Aging is accepting and lending durable medical equipment – please do not leave equipment at the COA – call the COA and we will arrange to pick up and deliver.

## Maynard Council on Aging Van Service

*To make a reservation call CrossTown Connect at (978) 844-6809*

The Council on Aging van operates five days a week from 7:00 a.m. to 3:00 p.m., providing transportation to essential services such as health care providers, dentists, pharmacies, banks, hair salons and grocery stores. We are currently transporting 3-4 riders at a time and continuing to follow strict safety precautions including disinfection procedures. **Riders must continue to wear a mask at all times when on the van.**

There is no fee to ride the van at this time. **Reservations MUST be made 48 hours in advance.** Pickups may begin 15 minutes before the scheduled time to accommodate more than one passenger. The van will wait no longer than 5 minutes for a passenger to emerge at which time the driver will call CrossTown Connect to try and reach the rider by telephone. On very busy days the van can get behind schedule.

Residents over the age of 60 and individuals with disabilities of any age may use the van. If a rider is handicapped in any way, please let the dispatch service know so accommodations can be made.

## Serving Health Information Needs of Everyone (SHINE)

SHINE is a free Medicare benefits counseling program available to beneficiaries of all ages and people who are new to Medicare due to retirement, unemployment, or disability. State certified counselors can provide impartial answers to all of your Medicare questions before you retire and well into retirement as your medical needs change. Confidential counseling is available by telephone or ZOOM until in person counseling can resume. Regional staff and our SHINE speakers are also available to provide group education to professionals and consumers – topics include *Medicare 101, Using the Medicare Planfinder Tool, The Medicare Savings Plan and other Public Health Assistance, and Resources to help with Pharmacy costs.* To make an appointment with your local SHINE counselor please contact the Maynard Council on Aging at (978) 897-1009.

SHINE is a service of Minuteman Senior Services funded, in part, by Administration for Community Living, the Cummings Foundation, Maynard Community Chest and local support of individual donors.

## Medicare Savings Programs (MSP)

Did you know that you can get help paying your Medicare A/B premiums, deductibles and, in some cases, co-insurance, co-payments and prescription drug premiums? **The Medicare Savings Program** is a federal program available to Medicare beneficiaries of all ages who meet the income and asset criteria: below. To view the application visit: <https://www.mass.gov/doc/masshealth-buy-in-for-people-who-are-eligible-for-medicare-0/download>

SHINE counselors are also available to help individuals determine if they qualify for MSP and provide application assistance. To schedule an appointment with your local SHINE counselor please call the Maynard Council on Aging at (978) 897-1009.

Eligibility:

- Individuals with incomes between \$1396 and \$1771 with assets less than \$15,940
- Couples with incomes between \$1888 and \$2396 with assets less than \$23,920

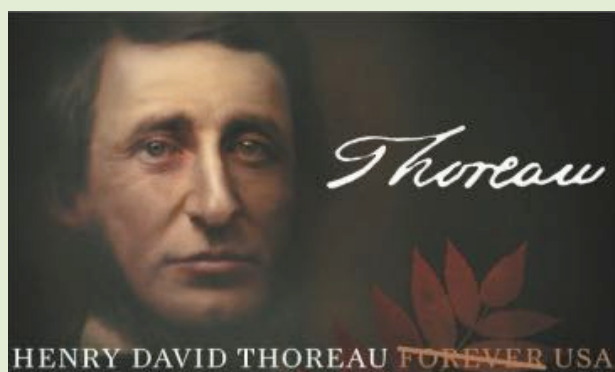


# **Maynard Sesquicentennial History Series**

presented by  
**David Mark**

**Thursday July 22, 7 pm via Zoom**  
**And the Bands Played On**

Maynard author and historian David Mark will speak about music throughout Maynard's history from competing local bands to the present-day Maynard Community Band, about the various fife and drum corps, choral groups, glee clubs and school system musical opportunities through the years and Maynard's former professional recording studio.



**Thursday August 26, 7 pm via Zoom**  
**Thoreau Walked Thru**

David Mark will speak about Thoreau's walk thru Maynard (from Concord to Lake Boon), which occurred just a few years after Maynard and Knight opened their woolen mill. He will also read excerpts from Thoreau's famous essay "Walking," which was published in the June 1862 issue of the Atlantic Monthly, shortly after Thoreau's death from tuberculosis at age 44.

**Read more and register at**  
**[www.maynardpubliclibrary.org/may150](http://www.maynardpubliclibrary.org/may150)**

Brought to you by the Maynard Sesquicentennial Committee  
and the Maynard Public Library





## Greetings from the Maynard Fire Department!

With vaccination rates increasing and COVID-19 cases dropping, July 4th is looking to be a day for celebration across the state. The members of the Maynard Fire Department share this enthusiasm and wish everyone a Happy Fourth of July! Although fireworks are illegal in the state of Massachusetts, numerous injuries and fires occur each year that change lives forever. Last July, fires started by fireworks increased 180%. Everyone is aware of how easy it can be to drive over the border to different states to obtain these devices, but ease of access and use does not make it safe or legal.



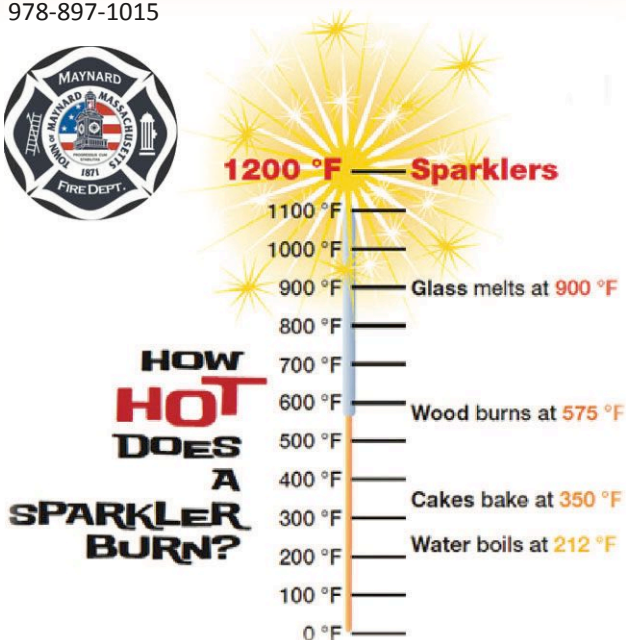
Fireworks are not just the colorful explosions in the sky that many communities host on July 4th. They are any combustible or explosive substances that produce visible or audible effects. This includes the large display quality fireworks, but also smaller rockets, thunder sticks and sparklers. Sparklers are especially dangerous due to the extremely high temperatures that are capable of melting steel and glass. Does that sound like a toy a small children should be running around with?

We would ask you to help us set the example for your families and leave the fireworks to the licensed professionals. While there are penalties for the possession and use of fireworks, the important message is that safely celebrating any holiday is better than an emergency room visit or a major loss of property due to fire. Firefighters are responsible for preventing fires daily and on July 4th we need your help.

Please reach out to me or the Captain on duty if you have any concerns about fireworks or summer safety.

**Captain Mike Parr**

mparr@townofmaynard.net  
978-897-1015



## FEDERAL TRADE COMMISSION Consumer Information



### Don't open your door to grandparent scams

When it comes to scammers, nothing is sacred — including the bond between grandparent and grandchild. Lately, grandparent scammers have gotten bolder: they might even come to your door to collect money, supposedly for your grandchild in distress.

These kinds of scams still start with a call from someone pretending to be your grandchild. They might speak softly or make an excuse for why they sound different. They'll say they're in trouble, need bail, or need money for some reason. The "grandkid" will also beg you to keep this a secret — maybe they're "under a gag order," or they don't want their parents to know. Sometimes, they might put another scammer on the line who pretends to be a lawyer needing money to represent the grandchild in court.

But, instead of asking you to buy gift cards or wire money (both signs of a scam), the scammer tells you someone will come to your door to pick up cash. Once you hand it over, your money is gone. But you might get more calls to send money by wire transfer or through the mail.

To avoid these scams and protect your personal information:

- Take a breath and resist the pressure to pay. Get off the phone and call or text the person who (supposedly) called. If you can't reach them, check with a family member to get the real story. Even though the scammer said not to.
- Don't give your address, personal information, or cash to anyone who contacts you. And anyone who asks you to pay by gift card or money transfer is a scammer. Always.
- Check your social media privacy settings and limit what you share publicly. Even if your settings are on private, be careful about what personal identifiers you put out on social media.

If you lost money to this kind of scam, it was a crime, so file a report with local law enforcement. And if you get any kind of scam call, report it at ReportFraud.ftc.gov.

## Stop Scams. Learn the Signs.

### EVERSOURCE

Never provide personal, financial or account information to an unsolicited person, even if they seem legitimate.

If you suspect a scammer, call your local police department and Eversource at 800-592-2000 (Eastern Massachusetts) or 877-659-6326 (Western Massachusetts).

**Eversource representatives will never:**

- Demand immediate payment over the phone
- Require you to use prepaid debit cards
- Ask you to meet at a "payment center" to make a payment
- Tell you to pay through another retailer

Here are some common types of scams to look out for:

- **Fake Caller ID** – Some sophisticated scammers can manipulate the caller ID to make it appear the call is coming from Eversource. You can verify you are speaking with an Eversource representative by asking for basic information such as name on the account, the account address, and the exact past due balance.
- **Shut-Off Scammers** pose as utility employees and threaten to disconnect service unless you make an immediate payment. Customers scheduled for disconnection for nonpayment will always receive written notice that includes information on how to maintain service.
- **Overpayment Scammers** call claiming that you overpaid your utility bill and try to get your personal bank account or credit card information to give you a "refund."
- **Phony Fee for Equipment or Repair Scammers** call requiring payment to replace or repair a device or meter.

For more information on how to protect personal information and avoid becoming a victim of utility scams, visit the Safety section of Eversource.com.



**Emerson Hospital**  
**FREE PARKINSON'S VIRTUAL**  
**EDUCATION SESSIONS**

Emerson's Parkinson's Care Team and community partners offer free virtual education sessions for anyone living with Parkinson's Disease. The interactive sessions offer education and resources to help improve your quality of life when living with Parkinson's Disease.

**July Clinic Days**  
**July 9th and 23rd | 1pm-2pm**

*The below presentations will be offered on both dates.*

**"Rock Steady Boxing and PD Plus"**- presented by Linda Holland, PT and Elizabeth Lyng, ACE CPT

**"Everyday Mindfulness for People and Families Living with PD"**  
 - Brenda Lovette, MS, CCC-SLP

**For more information and to register, please visit**  
**[www.emersonhospital.org/parkinsons](http://www.emersonhospital.org/parkinsons)**

Join our welcoming, supportive group for family and friends caring for loved ones!



Share experiences, challenges, and advice with others caring for older adults in this confidential and supportive virtual setting.

# Virtual Caregiver Support Group

Details:

- Meets the second Tuesday of every month from 2:00-3:00PM
- No cost, group size limited

To register or with questions, contact us at (781) 221-7079 or [K.Sullivan@MinutemanSenior.org](mailto:K.Sullivan@MinutemanSenior.org)



This project is funded through the Emerson Hospital Community Benefits Program.

**Minuteman**  
 SENIOR SERVICES



[www.MinutemanSenior.org](http://www.MinutemanSenior.org)

Join our welcoming, affirming support group for members of the LGBTQ+ community who are caregivers of older adults!

Share your experiences, your challenges, and your solutions with other caregivers in a confidential and supportive virtual setting.

# LGBTQ+ Caregiver Support Group

Details:

- Last Thursday of every month from 1-2 p.m.
- Group size limited
- No cost, thanks to a generous grant from the Foundation for MetroWest

To register or with questions, contact us at (781) 221-7055 or [A.Fieleke@MinutemanSenior.org](mailto:A.Fieleke@MinutemanSenior.org)



[www.MinutemanSenior.org](http://www.MinutemanSenior.org)

## Virtual Caregiver Support Group



Caring for an older loved one? Feeling stressed? Overwhelmed? Looking for a place to vent and share ideas with others in a similar situation?

Join us for a virtual, monthly caregiver support group

**Date:** First Tuesday of every month  
**Time:** 5:30 pm – 6:30 pm  
**Location:** Virtually on Zoom

To sign-up or for more information call Sharon Gunda, LCSW at 781-698-4851 or Email [sgunda@lexingtonma.gov](mailto:sgunda@lexingtonma.gov)



**Town of Lexington**  
 Massachusetts



**Minuteman**  
 SENIOR SERVICES

This project is supported by a grant from the Dana Home Foundation



# FILE OF LIFE

**KEEP INFORMATION UP TO DATE !!  
Review At Least Every Six Months !**

**MEDICAL DATA REVIEWED AS OF** MO. YR.

Name: Sex: M F

Address:

Doctor: Phone #:

Preferred Hospital:

## EMERGENCY CONTACTS

Name: Phone #:

Address:

Name: Phone #:

Your latest medical information – including allergies, medications, contact persons and more – all in one safe place. Recognized and Endorsed by Hospitals, EMTs, COAs, TRIAD's, Municipal, Medical, Senior Citizen Organizations, Police, Sheriff's, and Fire Departments.

Please contact the Council on Aging if you would like one mailed.



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## REP. KATE HOGAN'S SENIOR NEWS

### JULY 2021

## Memorial Day 2021

*Following are remarks that State Representative Kate Hogan delivered at Maynard's Memorial Day 2021 ceremony.*

Memorial Day is Personal. In honor of Memorial Day 2021 – our country's sacred occasion for national remembrance – we stand here to bear witness for all who have been lost serving our nation over the 245 years of its history.

This is the 12th Memorial Day that I have been honored to remember those heroes who gave the ultimate sacrifice for our country. And, over the years, I have come to learn that Memorial Day is a very personal day of remembrance for many: it's a day to remember those lost on the battlefields of Europe, over the Pacific, and on the Korean Peninsula, in Vietnam, Afghanistan and Iraq.

Our lost heroes are husbands, daughters, fathers, and sons - loved ones who answered the call to duty and placed themselves willingly in harm's way for love of country, and of you.

And this year should be no different, but it is.

For we feel the pain of a nation reckoning with another loss - the lives cut short over the last twelve months from a pandemic, an invisible enemy. Let us stand and recognize the selfless, courageous fortitude of health-care workers, first responders, and many other essential workers - so many of whom were veterans - as they spent this year risking their lives on the front lines against this deadly virus.

We are hopeful that the end may be near. And while this victory won over a pandemic caused pain and suffering, and crushing loss, there was also teamwork, determination, and love. Our National Guard, medical professionals and public safety personnel joined together to fight for the lives of their fellow Americans.

Yes, Memorial Day is personal.

We mourn these losses, and we also lift our eyes to look to the future with hope for our country and with compassion for the families, friends and neighbors who've experienced the loss of loved ones. We hope for a brighter future while offering a prayer that their lives not be forgotten.

Today we honor those heroes who gave their last measure of duty and devotion. May we all come to realize that the hero sacrifices their future for ours. May we also realize that this is a sacred trust and a responsibility to commit to a town, a Commonwealth and a country worthy of a hero's sacrifice.

God bless Maynard. God bless the Commonwealth of Massachusetts and God bless America.

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### Contact Rep. Hogan:

If you need assistance or would like to contact me, please call me at (617) 722-2600 or email me at [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov). Please also visit my new Facebook page: [www.facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

**Proudly represents Bolton, Hudson, Maynard, and Stow**  
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**District Office:** Maynard Town Hall, 195 Main Street, Maynard, MA  
**District Office Phone:** 978-897-1333  
**Email:** [Kate.Hogan@mahouse.gov](mailto:Kate.Hogan@mahouse.gov)





**LANDING IN MAYNARD, MA**

**OPENING RECEPTION**  
**7-10 pm Saturday, July 17**

63 Nason Street  
[UFOArtSpace.org](http://UFOArtSpace.org)